

# DEPRESSION

## INTRODUCTION

Depression is a “mood disorder” generally described as a persistent feeling of sadness and worthlessness. There are many different types of depression, including major depression, bipolar disorder (manic depressive illness), dysthymic disorder, cyclothymic disorders, postnatal depression and seasonal affective disorder.

- |              |  |
|--------------|--|
| 616.76 MIS   | Misri, Shaila Kulkarni. <u>Pregnancy Blues: What Every Woman Needs to Know About Depression During Pregnancy.</u> (Newton, Maiden)   |
| 616.8527 DIA | Diamond, Jed. <u>The Irritable Male Syndrome: Managing the 4 Key Causes of Depression and Aggression.</u> (Sherrills Ford)   |
| 616.8527 HEA | Head, John. <u>Standing in the Shadows: Understanding and Overcoming Depression in Black Men.</u> (Newton)   |
| 616.8527 MAC | Machoian, Lisa. <u>The Disappearing Girl: Learning the Language of Teenage Depression.</u> (Newton)  |
| 616.8527 NOL | Nolen-Hoeksema, Susan. <u>Eating, Drinking, Overthinking: The Toxic Triangle of Food, Alcohol, and Depression and How Women Can Break Free.</u> (Southwest, Maiden, Claremont) |
| 616.8527 SOL | Solomon, Andrew. <u>The Noonday Demon: An Atlas of Depression.</u> (Newton, St. Stephens, Southwest, Sherrills Ford, Claremont)  |
| 616.8527 STR | Strauss, Claudia J. <u>Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed.</u> (Maiden)  |
| 616.8527 WEI | Weintraub, Amy. <u>Yoga For Depression: A Compassionate Guide to Relieve Suffering Through Yoga.</u> (Newton)  |
| 616.8527 WOM | <u>Women and Depression: A Handbook for the Social, Behavioral and Biomedical Sciences.</u> (Newton)   |



616.852706 EMM	Emmons, Henry. <u>The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom.</u> (St. Stephens)
616.852706 SER	Servan-Schreiber, David. <u>The Instinct to Heal, Curing Stress, Anxiety, and Depression Without Drugs and Without Talk Therapy.</u> (Newton)
616.8527061 APP	Appleton, William S. <u>The New Antidepressants and Antianxieties: What You Need to Know About Zoloft, Paxil, Wellbutrin, Effexor, Clonazepam, Ambient, and More.</u> (Newton, St. Stephens)
616.8527061 HEA	Healy, David. <u>Let Them Eat Prozac.</u> (St. Stephens)
616.8527061 HED	Hedaya, Robert J. <u>The Antidepressant Survival Program.</u> (Newton)
616.895 FAS	Fast, Julie A. <u>Loving Someone With Bipolar Disorder: Understanding and Helping Your Partner.</u> (Sherrills Ford)
616.895 OLI	Oliwenstein, Lori. <u>Psychology Today Here to Help: Taming Bipolar Disorder.</u> (Newton)
616.89506 MAR	Marohn, Stephanie. <u>The Natural Medicine Guide to Bipolar Disorder.</u> (Newton)
618.76 SHI	Shields, Brooke. <u>Down Came the Rain.</u> (Newton)
618.92 EVA	Evans, Dwight L. <u>If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents.</u> (Newton, St. Stephens, Southwest, Sherrills Ford, Maiden, Claremont)
YA 618.92 MAR	Martin, Michael J. <u>Teen Depression.</u> (Newton, St. Stephens, Southwest)
618.92 RAE	Raeburn, Paul. <u>Acquainted With the Night: A Parent's Quest to Understand Depression and Bipolar Disorder in His Children.</u> (Newton)